



SYSTEMATIC REVIEW ON THE MANAGEMENT OF VARIOUS DISEASES THROUGH SIDDHA VARMA THERAPY

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ABSTRACT:

Siddha system is a traditional system of medicine in southern part of the India. Siddha Varma therapy is used along with internal medications and external applications. Varma therapy plays best role in the management of diseases and also treating various conditions. This systematic review shows that varma therapy is non invasive, more effective in treating various diseased conditions.

KEY WORDS: External therapy, Erb's palsy, Rotator Cuff Syndrome, Siddha Varma Therapy, Varma points, Urinary incontinence.

INTRODUCTION:

Siddha medicine, one among the ancient indigenous medical systems of India, has a repository of classical formulations as internal medication and various other unique technique/therapies as external usage. Varmam is one among such therapies used to treat multiple ailments, especially related to musculoskeletal and neurological deficits. Sometimes, Varma therapy is used along with internal medications and external applications as well. Human body has 108 Varma points. These are divided into 12 paduvarmam and 96 thoduvarmam. Varma points are the points where the pranana i.e., vital energy of our body is concentrated. They have a wide range of therapeutic applications. The basic objective of the varma points is to stimulate these points to cure the diseases.

MATERIALS AND METHODS:

The data were collected through an article based search from various journals, google scholar and websites.

VARMAM AND VARMA POINTS:

Varmam is a vital energy flow circulating inside the body, it is the manifestation of the basic five elements (boodhams), three humours (vali, azhal, iyam), ten vital airs (vali), ten bio energy transmitter pathways (naadis), vital energy (vaasi) and kundalini.

These are the points which are located in the junction of the nerves, naadis, muscle and bones. They are bio energetic sites, where the vaasi energy resides and activates the body and life energy. Human body has 108 varma points. These are divided into 12 paduvarmam and 96 thoduvarmam.

ROLE OF VARMA THERAPY IN VARIOUS CONDITIONS:

I. Varma therapy for the management of Rotator Cuff Syndrome

Rotator cuff is a group of muscle and tendons that surrounds the shoulder joint. This rotator cuff injury can cause a dull ache in the shoulder which often gets worsen. Symptoms include dull ache deep in the shoulder, disturbed sleep, arm weakness, difficulty in combing the hair. The complications may lead to permanent loss of motion/weakness or results in progressive degeneration of shoulder joint.

Varma therapy shows the effective results in the management of rotator cuff syndrome as per the author *Mirunaleni et al.*[1]

Varma points:

1. *Kavuli-Chavvuvarmam*-kavulilies at 1st web space at the junction of thumb and index finger. Chavvu lies 4 fingers below the inner side of shoulder joint.
2. *Piratharai*- It lies where the armpit meets the back on both sides.
3. *Yenthi*-It lies where the armpit meets the chest on both sides.
4. *Kathirkaamavarmam*- it lies over the manibriumsterni.
5. *Saramudichipirithal*- meeting points of neck and back bone(C7-T1)
6. *Kaakattaikaalam*-lies in supraclavicular fossa on both sides

II. Varma therapy for Bipolar Affective Disorder Current Episode Mania

Bipolar Affective Disorder also known as manic depressive illness is a brain disorder, which causes two different types of mood disturbances. They are Mania and Depression. Patients suffering from BPAD are at high risk for attempting suicide. Mania is characterised by elated mood, excessive happiness and excitement, over activity, rapid speech, lack of sleep, poor concentration, over inflated ideas of self importance, restlessness, unusual high sex drive, and drug and alcohol abuse, becoming more impulsive. According to the author *G.Revathi et al.*, [2] Varma therapy treats not only the physical body disorders but also subtle body.

Varma points:

1. *Kondaikollivarmam*- Ten finger breath above the vertex of the head.
2. *Chunnambukaalam*- it lies three fingers above poigaikaalam, on the midline.
3. *Chennikaalamthadaval*.
4. *Anthakaranamthadaval*.

III. Varma therapy for management of Erb's palsy:

Erb's palsy is a form of Brachial plexus palsy; this plexus is a network of nerves near the neck that gives all the nerve of the arm, these nerves provides movement and feeling of the shoulder, arm, hand and fingers. The nerve of brachial plexus may be stretched, compressed or torn in difficult delivery. This result might be a loss of muscle function or even paralysis of upper arm. Injury to upper brachial plexus (C5-C6) affects the muscles of shoulder and elbow. Injury to lower brachial plexus (C7, C8, T1) affects the muscles of forearm and hand. The major symptoms of this palsy are weakness in one arm, loss of feeling in arm, partial/complete paralysis of arm.

In the study which was given by the author P.Mirunaleni et al, [3] along with internal medicines and external therapies, Varma therapy also play a major role in improving the Erb's palsy child.

Varma points:

1. *Kondaikollivarmam* - Ten finger breadth above the vertex of the head.
2. *Mudichuvarmam* - lies over C7 vertebra.
3. *Kaakattaikaalam* - lies on the supra clavicular fossa.
4. *Chippivarmam* – two finger breadth downward from lower medial border of scapula.
5. *Manjadivarmam* – near the junction of index finger and thumb along the upper part of index finger.

IV. Varma therapy for Shoulder Impingement Syndrome:

Shoulder Impingement Syndrome is also called as “Swimmer's shoulder”. In this the rotator cuff rubs against the acromion. The pressure gets increased, when the space between rotator cuff and acromion narrows which leads to Impingement. Severe pain is felt on lateral side of arm when the shoulder is flexed above 90°. The symptoms of this syndrome include constant pain in arm, pain get worse at night, shoulder/arm weakness. It is caused by inflammation from repetitive shoulder activities. Injury and ageing are also other causes.

Varma treatment is more effective and shows the better result in Shoulder Impingement Syndrome as mentioned by the author *SenthamilRajam.C et al*. [4]

Varma points:

1. *Panjamudichuadangal*–present over the vertebrae.
2. *Puja varmam* – present over anterior side of the shoulder.
3. *Kaakattaivarmam* – lies over the Trapezius muscle.
4. *Savvuvarmam* – present in the medial aspect of the arm.
5. *Muttuvarmam* – lies in anterior side of elbow.
6. *Kavulikaalam* - lies in dorsal side of hand at the junction of the thumb and index finger.
7. *Manjaadivarmam* – present above the kavulikaalam.
8. *Kaikulivarmam* – lies in armpit.
9. *Kai sulukkuvarmam* – present around scapula.
10. *Chippivarmam* – present near kai sulukkuvarmam.

V. Varma therapy for Hypothyroidism:

Endocrine system includes various glands and organs that secrete hormones such as Thyroid, Pancreas, Testes, Adrenal and others. Hypothyroidism (underactive Thyroid) is a condition in which thyroid gland is not able to produce enough hormone. The purpose of thyroid hormone is body's metabolism. Symptoms of Hypothyroidism includes

- Fatigue
- Weakness, dry/coarse hair
- Dry/rough skin
- Hair loss
- Weight gain
- Constipation
- Depression
- Muscular cramps
- Decreased libido
- Irregular menstrual cycle
- Memory loss
- Irritability
- Cold intolerance.

The effective role of Varma therapy in Hypothyroidism is clearly said by the author *K.Renuga et al* [5] through their case study.

Varma points:

1. *Kondaikolli*– ten finger breadth above the vertex of the head.
2. *Sumaivarmam* – one finger breadth below the thumivarmam.
3. *Anna kaalam* -Situated one finger breadth above the umbilicus.
4. *Adappakaalam*– ten finger breadth from the lateral aspect of the Nervarmam on both sides.
5. *Sakthivarmam*–present laterally below thumikaalam on both sides
6. *Nadukkuvarmam*–present at the centre of arm
7. *Saramudichu*- present over C7 vertebrae
8. *Chippivarmam* - present near kai sulukkuvarmam.
9. *Nattelvarmam*–situated at the joint of T8-T9
10. *Vayukaalam*– situated at the centre of low back
11. *Kumbagamuduchi* – lies at the sacrum

VI.Varma therapy for Knee joint – Osteo Arthritis:

Osteo Arthritis is a chronic degenerative condition of the joints. It is not an inflammatory disorder. The important factor leading to Osteo Arthritis is uneven distribution of load stress across the articulating surface of the joint. The clinical features include

- Swelling as a result of joint effusion
- Pain
- Stiffness from thickening of capsule and synovium
- *Crepitus* while moving joints
- Limping due to pain and deformity of joint.

On examination, the joint is

- Tender and swollen
- Restricted movements
- Deformities like genu varum/genu valgum may present
- Muscle wasting around the joint
- Joint instability

The role of Varma treatment for Osteo Arthritis is clearly understood as per the author *R. Meena et al.*[6]

Varma points:

1. *Kaalmootuvarmam* - located at the centre of the popliteal fossa.
2. *Panchamugavarmam* - located around the patella.
3. *Komberikaalam* – present above eight finger breadth above the medial malleolus.
4. *Kaalsanniadangal* – located at the junction of big toe and second toe.
5. *Ullangalvellaivarmam* – located at the junction of big toe and second toe in the plantar region.
6. *Kutrivarmam* – present near the tragus of the ear.

VII. Varma therapy for Peri Arthritis (Adhesive Capsulitis):

Frozen shoulder also called adhesive capsulitis, is a painful condition in which the movement of the shoulder becomes limited. It occurs when the strong connective tissue surrounding the shoulder joint (shoulder joint capsule) become thick, stiff and inflamed. It occurs more commonly in women than men. The etiologic agents includes, trauma, surgery, Diabetes, inflammatory disease. Symptoms occurs in three stages,

- Freezing stage – movement of shoulder causes pain and the range of motion become limited.
- Frozen stage – pain begin to diminish, shoulder becomes stiffer.
- Thawing stage – range of motion begins to improve.

Varma therapy shows the effective result in adhesive capsulities as per the author *Maanickhachelvi. KS et al.*[7]

Varma points:

1. *Mozhipiralgai*- present at the midpoint of interdigital cleft between middle and ring finger.
2. *Kavulikaalam* - webspace between thumb and index finger.
3. *Chavvuvarmam* - six finger breadth above frommidpoint of elbow joint.
4. *Enthikaalam* – one finger breadth anterior to midpoint of axilla.

VIII. Varma therapy for in Pakkavatham (Hemiplegia):

Hemiplegia means complete paralysis of one half of the body including upper limb and lower limb. Injury or any disease occurs in the motor centres of the brain can cause hemiplegia. Etiology includes trauma, stoke, meningitis, encephalitis, multiple sclerosis. The degrees of hemiplegia symptoms vary depend upon the location and extend of injury. Symptoms of hemiplegia are,

- Difficulty in walking
- Difficulty in balancing
- Muscle stiffness on one half of the body
- Development delays
- Lack of motor skills

Along with Siddha internal medicines, varma therapy is good in improving the patient with hemiplegia as said by the author *G. Pratheep et al*[12]through their study.

Varma points:

1. *Kondailkolli*- ten finger breadth above the vertex of the head
2. *Mudichuvarmam*- lies over C7 vertebrae
3. *Kaakattaivarmam*- lies over the trapezius muscle
4. *Chippivarmam*- present near the kaalsulukkuvarmam
5. *Manjadvarmam*- present above kavulikaalam
6. *Pidarivarmam*- situated at the junction of the posterior aspect of the head and neck.
7. *Ottuvarmam*- situated at the tip of the chin

IX. Varma therapy for sports injury - tennis elbow (Lateral Epicondylitis):

Tennis elbow or lateral epicondylitis is a painful condition of the elbow caused by over usage. It is an inflammation or in some cases small tearing of tendons that join the forearm muscle on outside of the elbow. The forearm muscles and tendons become damaged from overuse. This cause the pain and tenderness on the outside elbow.

Common signs and symptoms include, Pain on the outer part of the elbow, Weakness, pain worsen with forearm activity like turning or shaking hands.

For the management of tennis elbow (Lateral epicondylitis) Varma therapy shows effective result as per the author *G.Revathi et al*[14].

Varma points:

1. *Kai mootuvarmam*—present at the medial aspect of the elbow joint
2. *Theethavarmam*- eight finger breadth below the elbow joint.

X. Varma therapy for Cerebral Palsy in children:

Cerebral palsy is a group of disorders that affect the ability to move and maintain balance and posture. CP is the most common motor disability in childhood. Palsy means weakness of muscles. CP is caused by abnormal brain development or damage to the developing brain. The movement and coordination problem occurs in cerebral palsy includes,

- Variation in muscle tone
- Stiff muscles with normal reflexes (rigidity)
- Stiff muscle and exaggerated reflexes (spasticity)
- Tremors or involuntary movements
- Difficulty in sucking or eating
- Excessive drooling or problem with swallowing
- Difficulty speaking
- Learning difficulties
- Difficulty in motor skills
- Seizures
- Lack of balance and coordination (Ataxia)

The study concluded by the author *K. Elavarasan et al* [13] is that Siddha medical treatment Thokkanam and Varma therapy shows better improvement in the Cerebral Palsy affected children.

Varma points:

1. *Kondaikolli* – located on the vertex of the head.
2. *Thilarndhakaalam* –lies at the junction between the eye brows(Glabella) and the nose.
3. *Pidarikaalam*– situated at the posterior aspect of head and neck
4. *Mudichuvarmam*lies over C7 vertebrae
5. *Adappakaalam* situated four finger breadth above the 11th floating rib
6. *Ullangaichakkaram*- situated at the centre of palm

7. *Ullangalchakkaram*- situated at the centre of foot

For seizures

8. *Porchaikaalam*-situated four finger breadths to the ear

9. For speech disturbances

10. *Anna kaalam*-situated at the pupil

11. *Pidarikaalam*-present at the posterior aspect of the head and neck

12. *Ottuvarmam*- present at the tip of the chin

XI. Varma therapy for Urinary Incontinence:

It is defined as the involuntary loss of urine. It occurs in all age groups but more commonly in old age groups. Causes of urinary incontinence are Cerebral or Spinal cord lesion, dementia, bladder disease, Parkinsonism, myelopathy and other unknown causes. It is divided into four types namely,

Stress urinary incontinence - Urine leakage in association with coughing, sneezing or physical exertion.
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Urgency incontinence: sudden feeling the need or urge to urinate.

Overflow incontinence: due to poor bladder contraction or blockage of the urethra.
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Functional incontinence: due to confusion, dementia, depression.
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The author *Sabari girija.N et al* clearly explained their study that Varma therapy is more effective in treating all types of urinary incontinence patients.

Varma points:

1. *Basthivarmam* - located at the upper portion of suprapubic zone of the lower abdomen (six finger breadth below the umbilicus)

XII. Varma therapy for Sinusitis:

Sinusitis occurs when the tissue lining the sinuses become swollen or inflamed. It occurs as the result of an inflammatory reaction or an infection from bacteria, virus, or fungus. Normally healthy sinuses are filled with air. But when they become blocked and filled with fluid germs can grow and cause an infection. The causes are cold, nasal polyp, rhinitis etc. There are three types of sinusitis:

- Acute sinusitis - symptoms present for four weeks
- Chronic sinusitis -swelling of sinuses present for more than three months
- Sub acute sinusitis - swelling present between one and three months

Sinusitis can be treated with Siddha internal medicine, along with varma therapy it could be relief within few days as per the author *Navinkumar.M et al*. [11]

Varma points:

1. *Kondaikollivarmam* – over the bregma of the skull
2. *Vala-edamoorthivarmam* – over the lateral border of ala nasi on the nasolabial groove
3. *Nadu-moorthivarmam* – over the glabella of the skull
4. *Annan varmam* – below the lower border of alanasi on the nasolabial groove

5. *Thilaranthavarmam* – over the nasion, in between the frontal bone and nasal bone. At the junction of fronto nasal suture and internal suture.
6. *Nadu nemavarmam* – The midpoint of the frontal bone
7. *Nettibalavarmam* – At the middle of the frontal bone 2 finger breadth above the frontonasal suture.
8. *Kannadivarmam* – At the middle of the nose, 2 finger breadth below the frontonasal suture.
9. *Chundikaivarmam*- Over the nose, below the frontonasal suture.
10. *Mookubalavarmam*- over the nasakbridge, at the lower end of the internasal suture
11. *Cheerumkollivarmam*- over the lambda of the skull.

XIII. Varma therapy for Migraine:

Migraine is a type of primary headache which cause hemicranial headache associated with or without aura. It is characterised by throbbing pain, nausea, vomiting, photophobia, phonophobia. It is one of the commonest headache affects more in women than in men.

Varma therapy is more effective in the management of migraine as concluded by the author *Preetha.P et al*[9], [15] through their study.

Varma points:

1. *Narambumurichal* –located over the scalp region
2. *Ayutkaalapinnal*- Around the umbilicus.

XIV. Varma therapy for ThandagaVatham (Lumbar spondylosis):

Lumbar spondylosis is a term referring to degenerative osteoarthritis of the joints between the centre of the lumbar vertebrae or foramina which leads to the narrowing of space between two vertebrae and compression of nerve root emerging from the spinal cord may result in radiculopathy (sensory or motor disturbances). The symptoms include intermittent back pain that may radiate to the extremities, joint or muscular stiffness, muscle weakness, tingling, numbness or loss of sensation in the affected areas, tenderness in the area of nerve compression, loss of bowel or bladder control.

Being a non-invasive treatment varmam paves an effective relief in lumbar spondylosis as per the author *Ramya. S et al.* [18]

Varma points:

1. *Manipooragaadangal* - five fingers below the umbilicus
2. *Komberikaalam* – eight fingers below medial malleolus
3. *Kuthikaalvarmam* – seven fingers above heel.
4. *Kannpugaichalvarmam* – inferior to medial and lateral malleolus
5. *Viruthikaalam* – web area between great toe and second toe
6. *Patchinivarmam* – fourth metatarsal joint
7. *Sevikuttrikaalam*- inferio-medial to mastoid process
8. *Mudichuvarmam* – C7, T4, T10, Sacrum

9. *Poovadangal*- Deep gluteal region over ischial tuberosity
10. *Seepuvarmam*- Gluteal area over hip joint
11. *Mooladharavarmam*- Tip of coccyx

XV. Varma therapy for UthiravathaSuronitham (Rheumatoid Arthritis)

Rheumatoid Arthritis is a chronic and progressive inflammatory disorder of unknown etiology which is characterized by polyarticular symmetrical joint involvement and systemic manifestations. It involves the inflammation in the membrane lining of the joints and often affects the internal organs. The symptoms of RA are fatigue, stiffness especially in the morning and after sitting for a long period, low grade fever, weakness, muscular pain, symmetrically affects the joints on both sides of the body, deformity of the joints. Early RA tends to affect smaller joints first particularly the joint that attach the fingers and toes to feet, as the disease progresses the symptoms spread to wrist, knees, ankles, elbows, hip and shoulders. Varma therapy plays a major role in the management of pain in Rheumatoid Arthritis as per study concluded by the author *Meena. R et al* [20].

Varma points:

1. *Kavulivarmam*-situated at the web space between thumb and index finger
2. *Savvuvarmam*-present in the medial aspect of the arm
3. *Kai mootuvarmam*- lies in the anterior side of the elbow
4. *Yenthivarmam*-it lies where the armpit meet the chest on both sides
5. *Piratharavarmam*-it lies where the armpit meets the back on both sides
6. *Manibandhagam*- present at the centre of wrist
7. *Mozhipiralgai*- present at the midpoint of the inter digital cleft between middle and ring finger
8. *Ullangavellaivarmam*-located at the junction of big toe and second toe in plantar region
9. *Poovadangal*- deep gluteal region over ischial tuberosity
10. *Viruthikaalam*- web area between great toe and second toe
11. *Kaalmootuvarmam*- situated below the patella
12. *Sirattavarmam*- lies at the patella
13. *Komberikaalam*-eight finger above the medial malleolus
14. *Ullangavellaivarmam*-located at the junction of big toe and great toe

XVI. Varma therapy for the treatment of Mental Stress:

Stress is a physical, mental or emotional factor which causes bodily or mental tension. Stress can be external (psychological) or internal (illness). It can cause conditions such as depression and anxiety. The causes of stress varies depends on social supportive environment, personality, Problem solving Ability. Common signs of stress are loss of concentration, headache, sleeplessness / disturbed sleep, early morning waking, drinking and smoking more, stiffness of neck, tight shoulders, and difficulty in making decisions.

Here the author *Manimaran.G* concluded that Varma therapy is effective in mind related problems along with Positive mind counseling.

Varma points:

1. *Kondaikollivarmam*- ten finger breadth above the vertex of the head
2. *Patchinemavarmam*- five finger above the thilardhakaalam
3. *Thilardhakaalam*- over the nasion, in between the frontal bone and nasal bone. At the junction of fronto nasal suture and internal suture
4. *Aakiranavarmam*- located at the tip of the nose
5. *Kuttrikaalam*- infero-medial to mastoid process
6. *Adappakaalam*- ten finger breadth from the lateral aspect of the Neti varmam on both sides
7. *Suzhiaadivarmam*-located in the depression below the occipital protuberance
8. *Saramudichu*- over C7 vertebrae
9. *Peruviralnagakanvarmam*- present in the big toe nail

Table.1: Varma points for the management of various diseases

S.N	DISEASES	VARMA POINTS
1	Rotator Cuff Syndrome	<i>Kavulichavvuvarmam, Piratharaivarmam, Yenthivarmam, Kathirkamavarmam, Saramudichupirithal, KaakattaiKaalam</i>
2	Bipolar Affective Disorder	<i>Kondaikollivarmam, Chunnambukaalam, ChenniKaalamthadaval, Anthakaranamthadaval</i>
3	Erb's Palsy	<i>Kondaikollivarmam, Mudichuvarmam, Kaakattaivarmam, ChippuVarmam, Manjadivarmam</i>
4	Shoulder Impingement Syndrome	<i>panchamudichuadangal, Puja varmam, Kaakattaivarmam, Savvuvarmam, Muttuvarmam, Kavulivarmam, Manjadivarmam, Kaikulivarmam, Kaisulukuvarmam, Chippivarmam</i>
5	Hypothyroidism	<i>Kondaikollivarmam, Sumaivarmam, Anna kaalam, Adappakaalam, Sakthivarmam, Nadukkuvarmam, Sara mudichu, Chippivarmam, Natelvarmam, Vayu varmam, Perumalvarmam, Peralvarmam, Kumbagamuduchi</i>
6	Osteo Arthritis	<i>Kaalmootuvarmam, Panchamugavarmam, Komberikaalam, Kaalsanniadangal, Ullangalvellaivarmam, Kutrivarmam</i>
7	Periarthritis	<i>Mozhipiralgai, Kavulikaalam, Chavvuvarmam, Enthikalam</i>

8	Hemiplegia	<i>Kondaikollivarmam, Mudichuvarmam, Kaakattaivarmam, ChippuVarmam, Manjadivarmam, pidarivarmam, ottuvarmam</i>
9	Tennis Elbow(Lateral Epicondylitis)	<i>Kai mootuvarmam, Theethavarmam</i>
10	Cerebral Palsy	<i>Kondaikollivarmam, Thilarndhakaalam, pidarikaalam, Mudichuvarmam, Adappakaalam, Ullangaichakkaram, ullangalchakkaram, porchaikaalam, Annakaalam, Pidarikaalam, ottuvarmam</i>
11	Urinary Incontinence	<i>Basthivarmam</i>
12	Sinusitis	<i>Kondaikollivarmam, Valaedamoorthivarmam, Nadumoorthivarmam, Annan varmam, Thilarndhavarmam, Nadunemavarmam, Nettibalavarmam, Kannadivarmam, chundikaivarmam, Mookuballavarmam, cheerumkollivarmam</i>
13	Migraine	<i>Narambumurichal, Ayutkaalapinnal</i>
14	Lumbar Spondylosis	<i>Manipooragaadangal, komberikaalam, kuthikaalvarmam, kannpugaichalvarmam, kaalkulachuvarmam, ViruthiKaalam, patchinivarmam, sevikuttrikaalam, mudichuvarmam, poovadangal, seepuvarmam, Mooladharavarmam</i>
15	Rheumatoid Arthritis	<u>Upper limb</u> <i>Kavulivarmam, Savvuvarmam, Kai mootuvarmam, Yenthivarmam, Piratharaivarmam, Manibandhagam, Mozhipiralgai, Ullangaivellaivarmam</i> <u>Lower limb</u> <i>Nangana pootu, Poovadangal, Kaalmootuvarmam Sirattaivarmam, viruthikaalam, Komberikaalam, Ullangalvellaivarmam</i>
16	Mental Stress	<i>Kondaikolli, Patchinemavarmam, Thilardhakallam, Aakiranavarmam, Kuttrikaalam, Adappakaalam, Suzhiaadivarmam, Saramudichu, Peruviralnagakanvarmam</i>

DISCUSSION:

This systematic review shows that there is less number of published research articles in Siddha Varma therapy. Even though there is less in number, they give the excellent results in the management of various diseased conditions. By reviewing the 16 Published research papers like Case report, case series, single case study, it is clearly came to know that Varma therapy is used to treat multiple ailments especially

related musculoskeletal, neurological and also in endocrine functions. Sometimes Varma therapy is used along with internal medications and external applications as well.

CONCLUSION:

Varma therapy plays best role in the management of diseases and also treating various conditions. This therapy is simple, non invasive and less time consuming. The above review helps to obtain the knowledge on Varma therapy, and this will be useful clinically and for further research purpose.

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